



# Swimming Lesson Schedule

## **Lifesaving Sport: Saugeen Shores Lifesaving Club (SSLC)**

The fundamental program will operate in 2 sessions for some levels this summer. Due to anticipated demand in the younger levels, participants who register in one session will need to wait until 2 weeks prior to the start of the other session before they register for a second session. Things to know before you register:

- Parent/caregiver participation in the water is required for Sea Monster and Minnow levels
- Athletes in higher levels may register for morning and afternoon practices **or** one or the other
- Program takes place at the Port Elgin main beach

If you're new to Sport or are unsure what level to register for, contact us before registering by phone at 519-832-2627 or by email at [michael.hundt@saugeenshores.ca](mailto:michael.hundt@saugeenshores.ca).

Level	Age	Days and Time	Session dates	Activity number	Fee
Competitive Squad: Morning Practice	14 years and older	Monday to Friday 6:15am to 7:45am	July 5 to August 27	19251	160
Competitive Squad: Evening Practice	14 years and older	Monday, Wednesday, Friday 7pm to 8:00pm Tuesday, Thursday 6:45pm to 8pm	July 5 to August 27	19252	140
Baby Comp. and Junior Squad: Morning Practice	12 to 16 years	Monday to Friday 7:45am to 8:45am	July 5 to August 27	19253	160
Baby Comp. and Junior Squad: Afternoon Evening Practice	12 to 16 years	Monday, Wednesday Friday 6pm to 7pm	July 5 to August 27	19254	96
Surfers: July Session 1	9 to 13 years	Monday to Friday 8:45am to 9:45am	July 5 to July 30	19255	90
Surfers: August Session 2	9 to 13 years	Monday to Friday 8:45am to 9:45am	August 3 to August 27	19256	85.50
Nippers: July Session 1	8 to 12 years	Monday to Friday 9:45am to 10:30am	July 5 to July 30	19257	90
Nippers: August Session 2	8 to 12 years	Monday to Friday 9:45am to 10:30am	August 3 to August 27	19258	85.50
Minnows: July (parents participate) Session 1	7 to 10 years	Monday, Wednesday, Friday 5:15pm to 6pm	July 5 to July 30	19259	60
Minnows: August (parents participate) Session 2	7 to 10 years	Monday, Wednesday, Friday 5:15pm to 6pm	August 3 to August 27	19260	55
Sea Monsters: July (parents participate) Session 1	5 to 6 years	Tuesday and Thursday 6 to 6:45pm	July 6 to 29	19261	40
Sea Monsters: August (parents participate) Session 2	5 to 6 years	Tuesday and Thursday 6 to 6:45pm	Aug 3 to 26	19262	40

## Lifesaving Sport program descriptions

**Competitive squad:** Athletes can register for the morning session or evening session or both if they are looking to train 2 times a day. This program is for young athletes ready to commit to training on a regular basis. Athletes will be swimming 12 to 15 km per week and focusing on getting stronger and faster in both their swimming, running and transitions. Athletes must be 13 years of age with a Bronze Medallion. Please talk to the chat Head Coach to see if you should register in this level or the Baby Comp. and Junior squad level.

**Baby Comp. and Junior squad:** Athletes can register for the morning session or evening session or both if they are looking to train times a day. Athletes must be able to swim 300m with proper front crawl nonstop and tread water for 5 minutes. Athletes will be challenged to improve their training and improve their race results. Coaches, parents and athletes should have a conversation prior to registration.

**Surfers:** Athletes must be able to swim 100m (4 lengths of the Centennial Pool) with proper front crawl nonstop and tread water for 2 minutes. To enter this level, athletes that are 9 and 10 years of age and parents should have a conversation with the Coaches prior to registration.

**Nippers:** Athletes must have passed Swimmer 6 or higher. They will be working with coaches improving their endurance in running and swimming as well as improving their boarding technique. Athletes must be comfortable swimming 50m nonstop and treading water for 30 seconds. No previous Lifesaving Sport training needed.

**Minnows:** Athletes have passed Swimmer 4 or higher. This program is a great way to try out Lifesaving Sport and start your training with the Saugeen Shores Lifesaving Club (SSLC). Athletes will be working with coaches improving their endurance in running and swimming. Athletes must be comfortable swimming 25m nonstop and treading water for 30 seconds. No previous Lifesaving Sport training needed.

**Each minnow must have a guardian 16 years or older that is comfortable in water at chest height and being in the water each class, for the duration of the class.**

**Sea Monsters:** Swimmers will learn the dangers of water, staying safe around open water and becoming more comfortable playing in the lake. They'll be getting their heads wet, running through waves and playing on paddle boards.

**Each sea monster must have a guardian 16 years or older that is comfortable in water at chest height and being in the water each class, for the duration of the class.**